



Friday, 9th July 2021

Tēna koutou katoa

Cultural Celebration Evening

On Tuesday 29 June, we had a most wonderful evening with performances from a range of cultural groups within the college. Similar cultural evenings were a regular occurrence in the 1990s, but it's been about twenty years since the last one took place. It was great to reminisce with former students from that era who were present at the evening. The evening was a real celebration of the cultures within the college and students showed a genuine pride in who they are and in their heritage. One staff member said the evening was 'joyful' and I think that is an apt description.

Special thanks to the members of the community, staff and students who supported the performers both in preparing for the event and on the night. The initiative was largely student-led, but the organisation and enthusiasm of Ruth Richardson, the school Kaiārahi, must be acknowledged.

Vaping

At both the recent SPANZ (Secondary Principals) Conference and the latest Auckland Principals' meeting, the main topic of conversation was the explosion of vape use among students, the impact it has on student health and the disciplinary actions schools are taking. Vaping has been promoted as a safer alternative to smoking, but smoking has ceased to be an issue in schools. A 2019 ASH survey of Year 10 students at Glendowie College showed that only 2% smoked or had tried smoking. Smoking had become uncool.

The Ministry of Health has not actively pushed that vaping is still harmful to health and we are seeing increasing numbers of young people addicted to the nicotine in these vaping products. This is both frustrating and disappointing as schools and many parents are seeing the impact of this Ministry decision on young people. These are young people who would not have considered taking up smoking. I have attached a couple of links about the impact of vaping. If your child(ren) is/are using vapes or potentially might, please discuss the impacts with them.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping>



Upcoming Events:

Please note these events are subject to change based on the government's lockdown status announcement

July

- 9 End of Term 2
- 26 Start of Term 3
- 30-1Aug NZCBA Concert Band Festival (Napier)

August

- 2-4 Scholarship Exams
- 3-4 Dramafest
- 5 Sports Wellbeing Evening 'Mental Skills' (7pm-8:30pm, Staffroom)
- 7 Open Day (9am-12pm)
- 9-13 Mathematics Week (All Day)
- 9-14 KBB Festival (All Day)
- 10 Teacher Only Day (no students at school)
- 17-19 Dramafest
- 18 Board Meeting (6pm-9pm, Boardroom)
- 24-25 Dramafest
- 26 Parents' Association Meeting (7pm-8pm, Boardroom)

(For a full list of upcoming events, please visit the [calendar](#) on the college website.)



<https://dontgetsucked.in.co.nz/>

<https://www.medicalnewstoday.com/articles/318260>

Glendowie College is a smoke-free and vape-free school. Disciplinary action will be taken against any student caught vaping or with a vape in their possession. If students have an addiction problem and want to stop, our counsellors are available to suggest ways this can happen and alternatives. Any meetings with the counsellors are kept confidential.

End of Term 2

It is great to get to the end of term without schooling being disrupted by lockdowns. However, the uncertainty has had an effect on wellbeing and behaviour. Students and staff have worked hard this term on their learning and assessment programmes. With two weeks of holidays, it is the right time for students to recharge their batteries and take a break from academic requirements. However, it would still be useful if they took an hour or so each day to ensure that their assessments are up to date and to review work already covered this year. Next term is going to be full-on, especially for senior students, so being refreshed and up to date are both important.

Ngā mihi nui

Gordon Robertson

Principal

Subject Selection – Year 10 - 12 students

Students in Years 10-12 have recently completed an online careers module and received information regarding their course options for 2022. Our handbook, describing each course available next year, can be found on the college website by following the link: <https://www.gdc.school.nz/academic/plan-your-learning/handbooks/>

We encourage you to have conversations with your child(ren) about the careers module and subject choices over the holiday break. Please be aware that the deadline for them to complete their course selection for 2022 is **Monday 26 July 2021** (Week 1, Term 3).

Mr Andre Worsnop, Deputy Principal



The Musical Gala Concert 2021

GLENDOWIE COLLEGE PRESENTS

THE ANNUAL MUSICAL GALA CONCERT

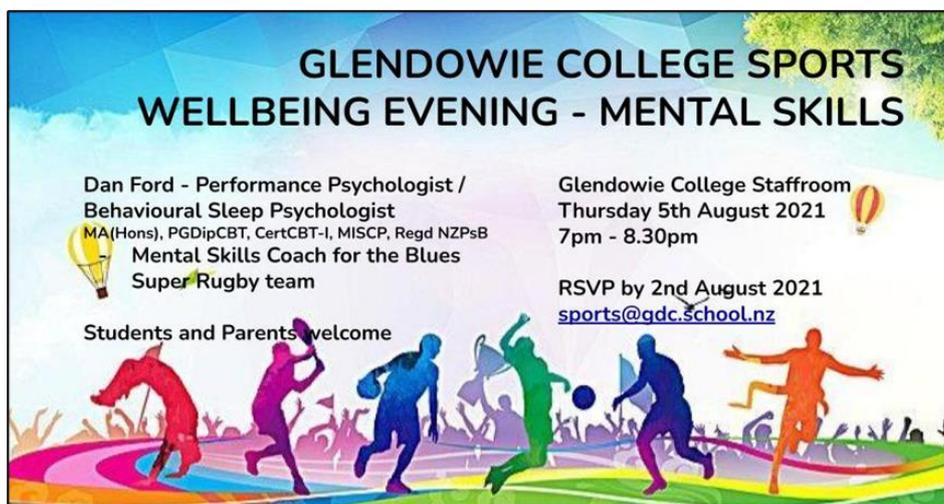
FRIDAY AUGUST 6
7.30PM
HALL

FEATURING:
CONCERT BAND
BIG BAND
STRINGS
ENSEMBLES
SOLOISTS
CHOIR

GOLD COIN ENTRY



Sports Wellbeing Evening – Mental Skills



Date for your diaries, Not to be missed!!

As part of our ongoing Sports Wellbeing events we are delighted to welcome Dan Ford to present a session on:

Mental Skills:

- what happens and why during training and games
- how to cope under pressure

Everyone is welcome to attend. Please note this session is Compulsory for all players of Winter Tournament teams.

Ms Lydia Brown, Director of Sports

Noble Fight Systems

YOUTH CLASS

5pm
Ages 13 - 17
Monday
Wednesday
Marist Rugby
Club Panmure
\$25 per week

Coach Jake Howard
0273999377

Noble Fight Systems is an exercise programme focused on creating an environment that encourages and promotes the growth and personal development of its members. We do this by integrating wellbeing practices, mental health awareness and self-reflection into our kickboxing training. These elements and others create a community that is very positive for younger people, and we would like to invite students to join us. Several Glendowie students are currently attending training in school, and we are planning to start specifically youth focused classes. The notice (left) provides the main details, but please feel free to contact our coaches with any questions:

Head Coach - Eddie Jensen - 0220890827
Youth Coach - Jake Howard - 0273999377

Mrs Ruth Richardson, Kaiārahi



Cultural Night 2021



On Tuesday 29 June 2021, Glendowie College held a Cultural Celebration Night to celebrate all the diverse cultures we share in our school.

The night consisted of various performances that were led and performed by students and teachers. These included dances, singing and instrumental pieces from all the different cultures at our school, including Samoa, Tonga, China, Japan, Niue, Bollywood, Korea and so much more.

Glendowie College has not held an event like this in around 20 years and bringing it back made us wonder why we hadn't brought it back sooner! The night meant so much for the students, being able to display the pride and beauty that they share in their cultures with our school community, and it was an honour to be part of such an entertaining and special night. Thank you to the teachers and students involved who made this night possible, next year we plan on making it even better!

Amy Tupuola (11CNR)

Market Day



A bumper market day was held on Friday 2 July 2021 in the school hall. It is an integral part of the Year 10 Enterprise Studies course providing experiential learning for the students who are required to draw up a business plan and then execute it on the day. There were 20 groups (81 students) selling a range of products both sweet and savoury. There was candy floss, brownies, sliders, sushi, hot dogs, Brazilian Truffles, Dutch Pancakes and much more. The students are to be commended on the quality and presentation of their products. They found out that running a business is hard work and that it offers no guarantees in terms of profit.

Mrs Bridget Rothbart, Social Sciences Faculty



'Juntos' – Young Enterprise Business



'Juntos', our student-run Young Enterprise business, has been working hard on their mission to bridge the cultural gap society faces by spreading knowledge on different cultures worldwide. This term has been action packed with the Directors' meeting with a number of stakeholders including Asia New Zealand Foundation, Air New Zealand, Luxury LAS, German Society of New Zealand, Rhythm School of Indian Music as well as our local MP, Simon O'Connor, to design and create their children's book, **'Maia's New Year's Adventure'**, showcasing how six different cultures – Maori, Vietnam, India, Germany, Mexico and Brazil celebrate their New Year.

Photo above (left to right): Zakk Haddon, Vidhi Patel, Gabriela Almeida Preuhs and MP Simon O'Connor

A special shout out to our very own illustrator, Zakk Haddon (12HRD) who has done an amazing job with the illustrations. Here's a sneak peak of Maia, the main character of the book.

As we celebrate Matariki in Aotearoa, 'Juntos' encourages everyone to follow them on social media to learn more about the Māori New Year through the story of their main character Maia as she acknowledges the history in the past, celebrates the present and embraces the future.

Follow 'Juntos' on Instagram @juntos_yes. Engage with us, give us feedback, or simply follow the journey of 'Juntos' in their aim of 'bringing everyone together'.

We would also like to acknowledge the following individuals for their support in our journey till date:

- GDC Staff: Whaea Chase, Ms Vincent and Mrs Richardson
- Yasheeka Bertram from Asia New Zealand Foundation
- Kyria Warren from Luxury LAS

Vidhi Patel (13SIM), Gabriela Preuhs (13SNG), Marlo Devereux (13TID) and Zakk Haddon (12HRD)



'OCTO-STIK' – Young Enterprise Business



We have made tremendous progression in the production of **'OCTO-STIK'**, your friendly reusable label. OCTO-STIK is a small step in the right direction to reduce the environmental waste we put into our landfills on a daily basis. Our aim is to encourage consumers to invest more into reusable alternatives.

Our micro suction technology allows you to peel off our labels over and over again. 100% reusable – you can wash it, dry it, and stick it without any glue or residue! It's the only type of label you'll need in your entire life. This amazing label will solve all the labelling problems that you've ever experienced.

Pre-orders are now open! Just visit our Instagram [@impleat.co](https://www.instagram.com/impleat.co) and fill out the survey linked in our bio.

In the second week of Term 3, we will be officially launching our product and delivering pre-orders.

Simon Fink-Jensen (12THR)



Level 2 Business Studies – Being Entrepreneurs!

Glendowie College's Level 2 (Year 12) Business Studies students have been hard at work creating entrepreneurial businesses, designing products, and selling these in the community. This forms part of our students 9-Credit Business Activity achievement standard. A huge amount of innovation and learning has taken place so far this year, with products ranging from innovative packaging labels, high quality magnetic and fast charging USB-cables designed by one of teams and produced overseas, to customisable bracelets addressing wellbeing, bath-bombs donating profits to the Child Cancer Foundation, candles helping to reuse and upcycle previously owned cups, individualised mobile phone cases and amazing foods and beverages.



The students have been promoting and selling their products online, at local markets like the Parnell Farmer's Market and GDC's recent Cultural Night where 'Ifoou' sold Otai and Keke and 'GoodMilk' sold milk drinks inspired by Asian flavours – all to promote cultural responsiveness and awareness.

There are other products being finalised and produced which will add even more to this year's success! One big question our students still face is – do they spend their profits or reinvest it into their business?



Mr Ruan Aswegen, Social Sciences Faculty

Rotary St Johns



Rotary St Johns has had a very long association with Glendowie College and is most widely known for its sponsorship and support of the Glendowie College Interact Club.

Our local community is becoming more dynamic in a rapidly changing world making Rotary St Johns the perfect fit for anyone seeking a way to get involved in some great local projects alongside a group of similarly enthusiastic and friendly women and men. In Rotary St Johns, we are exceptionally good at what we do, but it really is a team effort with our families and friends supporting us. We are particularly strong around projects for youth, youth leadership and the environment. If you are interested in finding out more and how this can fit in well with your lifestyle, call Beryl on 021 652 802 for a friendly chat or email her at berylrobinson@xtra.co.nz



www.rotarystjohns.club www.facebook.com/stjohnsrotaryclub



Geography Field Trips



The Geographers have again been out and about on field trips in Term 2. Year 13 visited the Piha River Drainage Basin and Year 12 visited playgrounds within the central Auckland area.

Year 13 Geography Piha River Trip

In 13 Geography, students learn about the fluvial processes shaping the Piha River and its natural features for an external NCEA achievement standard. Early in Term 2, we visited the Piha River to see what we had been learning about in class. There was a short walk to the Kitekite Falls where we were able to easily recognise the tiers, plunge pools, gorge, and surrounding geology. We also experienced field work techniques, getting our feet wet to measure the velocity, depth, width, slope angle and sediment size of the Piha River.



Year 12 Geography Research Trip

On 25 June, the Year 12 Geography students explored four Auckland playgrounds for their 5-credit research internal. Their field trip 'What's in a Playground?' enabled students to collect primary research data to use in their write up. Students were investigating whether what is in a playground is linked to accessibility and location, and whether an environment was multi-use, or not. Students are now in class collecting secondary data to support their primary data, presenting, and analysing their findings, and reaching conclusions as well as evaluating the research process.

Ms Linda Tomlinson and Mrs Melissa McKay, Social Sciences Faculty

CREST

In NZ, CREST is organised and run as part of the Royal Society's Te Apārangi programme. CREST provides students with an authentic experience in technological practice and/or scientific investigation with projects focusing on finding creative solutions to real significant problems in their lives or the world being carried out.

In 2021, we are a group of Glendowie College Year 12 students participating in this international STEM challenge at Gold level. We are indeed privileged to have been selected as one among the three groups at the national level this year.



For our Gold Crest programme, we are making an Unmanned Surface Vessel (USV) which can conduct surveillance and patrols in NZ's waters. The vessel can help with monitoring marine reserve zones against illegal fishing and general maritime security through its camera and sensors. Due to the cost, the vessel we are making is a scaled-down version which is only suitable for in-shore, lake and river usage, but our system can be implemented onto a bigger platform that will be capable of longer range and resisting stronger waves.

On Monday 5 July, our CREST coordinator, Dana Leaming, and Gold Assessor, Heidi de Ronde, from the Royal Society of New Zealand discussed the project with us and provided us with some insightful guidance. We are also fortunate to work with our consultant, Mike Jakowetz, an Engineer whose hobby is fishing and Ms Jeelie Christopher, our Supervisor and Creative and Digital Technology teacher. We encourage students interested in STEM (Science, Technology, Engineering, Math) to take part in CREST as it provides a unique experience and opportunity.

Justin Chen (12GEE), Lewis Azzopardi (12THR), Kieran Joe (12NAI), Max Davies (12NAI) and Neal Grayson (12KHN)



The Year 9 South-East Auckland Readers Cup Competition



After weeks of preparation, hours spent reading, taking notes, and trying to memorise the itty-bitty details of six books, the Year 9 south-east 'Auckland Readers Cup' competition was upon us. Nights taken up stressing over our disorganised notes, wondering whether this or that was important, whether it would come up at all, everything we had done, all for this competition.

On the morning of 30 June, the five readers (Olivia Glaysher 9FNR, Alex Heaton 9BAR, Emilia Reghenzani 9MCB, Enya Grayson 9COO and Jamie Cartwright 9BAR) met up in the school library, books in hand, and brain cogs turning at full speed. Nervous chatting commenced as we headed off to Alfriston College with Ms Gayton and Mr Barton to size up the competition. After exploring Alfriston College's Library and not long after, the competition commenced. Following a hard first round, the team got into the swing of things and began to get into the rhythm of factual recalling. As the rounds progressed, we were doing better, but still, our hosting school, Alfriston, held the lead. Scoring almost top marks every single time, it would have taken a complete and utter mess up to prevent them from taking the cup. We pushed forward and gradually we overtook Selwyn College, then Baradene College and finally, we were in second place and within range of Alfriston College. We finished in second place out of four schools, a great achievement!

Olivia Glaysher (9FNR) and Alexander Heaton (9BAR)

GDC Library Fundraising for 'Jammies' in June

A few weeks ago, the GDC student librarian team completed their annual fundraiser for Middlemore Hospital's 'Jammies in June' appeal which coincided with Book Night at the Library. Students sold home baking to the GDC staff and students, and hot chocolate topped with whipped cream and marshmallows as a fundraiser.

The team raised over \$440 which allowed us to purchase 45 pairs of pyjamas for Middlemore Hospital. Book Night celebrated this achievement with book-themed kahoots, onesie-wearing at school, and much merriment.



Ms Jody Gayton, Library Manager



Parents' Association

'Laugh Club' – Comedy Event



It was a great night of comedy where about 200 college parents and friends were entertained as MC Tarun Mohnabhai took us through a journey of side splitting stories, followed by funny guy, Paul Ego, with the hilarious Stickman life examples from his homelife, and ending with Nick Rado's witty tales of fatherhood. The audience was constantly laughing and cheering through the whole performance.

The silent auctions were a huge hit with the All Blacks Jersey and Bach 3-night holiday for 12 people both raising \$1,000 each.

Thanks to our sponsors, local providers, support staff, management, and Parents' Association members, you all made this night a success. A huge thanks to the Parents' Association members and Andre Worsnop, Deputy Principal, who made the event possible and for their help on the night – Thank you!

As this was such a successful event, we have booked it again for next year with a new group of comedians and jokes. Watch out for the date to mark in your calendar.

In addition, Hamish McKay and Sara Haddon from Ray White have a continued their sponsorship from the event. If any family lists and then sells a property through them during the next 4 months and they mention the 'Laugh' event, they will donate \$4,000 to the College for the sound system which the Parents' Association is raising money for.

Finally, we raised just over \$7,000 from the event. A fantastic effort.

Will Clarke won the raffle, please collect your gift from the college Reception.

Final event for the year – 'Nathan Wallis, Guest Speaker'
Thursday 23 September 2021 at the College Hall (details to follow).



glendowie news

2021 Entertainment Book

We are fundraising with
 **Entertainment**

Get a **FREE Upgrade to Multi City**
 and enjoy incredible offers over
 the **school holidays** and beyond,
 wherever you go.

LIMITED TIME OFFER

BUY SINGLE CITY MEMBERSHIP
\$69⁹⁹

GET UPGRADED TO MULTI CITY*
~~**\$119⁹⁹**~~

SAVE \$50

<https://brandfolder.com/s/gqmk697k68sfctkh4m995>

2021 Parents' Association Members



Are you looking for a way to give a little back? By giving just a few hours each term, you can be a PA star! It's easy – a couple of meetings each term, help out at a few events, eat cakes and chit chat with other parents, Senior Staff and Board Members about life at Glendowie College. Many hands make light work!

No applications are required, simply email: gdcparents@gmail.com to join us in 2021. **Our next meeting is on 26 August 2021 (Thursday) in the Boardroom – we look forward to seeing you there!**

Sara Haddon, Parents' Association Chairperson

<https://www.facebook.com/GlendowieCollegeParentsAssociation/> or Gdcparents@gmail.com

phone: +64 9 575 9128

email: info@gdc.school.nz

website: www.gdc.school.nz



Mindful Parenting Course

MINDFUL PARENTING COURSE

With Counsellor Shirley Pastiroff

MINDFUL PARENTING COURSE

This popular course will arm you with research-based parenting techniques and tools that help you stay calm in the middle of even the most chaotic days. Learn how to reduce stress, improve family relationships and create deep, lasting connections with your children.



Course facilitator:
Shirley Pastiroff
Counsellor and mum of 5

WHERE & WHEN

Glendowie Primary School
217 Riddell Rd

DATE: starting Wed 18 August 2021

TIME: 7.30 - 9pm for 6 weeks

COST: \$150

Special couples rate: \$250 per couple



TESTIMONIALS

"Life-changing. I have recommended it to everyone who will listen"
- Mum of 2: ages 5 and 2

"All parents should be put on this course"
- Dad of 3: ages 10, 7 and 4.

"Fabulous. Informative. Empowering. Thought-provoking. Inspiring"
- Mum of 3: ages 16, 13 and 10

SIGN UP ONLINE: renewyourmind.co.nz/mindful-parenting



Speed Changes

The speed limits in the Mission Bay and St Heliers areas have been changed from 50km/h to 30km/h as per the Speed Limits Bylaw (2019).

New 30 km/h speed limit changes



New permanent **30 km/h speed restrictions** will be coming to your area on **30 June 2021** under the Speed Limits Bylaw (2019).

Lowering the speed is about making it safer for all road users including walkers, runners, cyclists, and shoppers.

This speed change is part of Auckland Transport's Town Centre safe speeds programme.



For more information on speed changes,
visit: [AT.govt.nz](https://at.govt.nz), email:
ATSpeedProgramme@at.govt.nz
or phone: **09 355 3553**.

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